



TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

September 2023

We are still recruiting for a Food Coordinator...

The Food Projects Coordinator role is a varied and interesting part-time role of 28 hours a week over 4 days, providing an opportunity to be part of a busy and dynamic team making a real difference to the town. There isn't one clear career, or qualifications, route to the role so anyone is encouraged to apply should they feel they have the transferrable skills required.

If you have an interest in food and are a creative problem solver and planner able to work in a busy and flexible environment, we'd love to hear from you. You don't need to be a professional cook but will need to be able to produce community lunch (with help) should our volunteers cooks not be available. Closing date 15th September.



Click here for more information: [Find out about current opportunities to join our team.](#)

Walks for All

We are excited to be launching a new series of weekly walks called '**Walks for All**'.

The first in the series will be a flat walk of 30 minutes. The walk is designed to help people get out and about and lead a more active lifestyle, at a gentle pace, ideal for those who are keen to get moving, may be recovering from an operation or walk with the aid of a stick. This is something everyone can get involved with, no matter what the fitness level is, and no-one should feel they are too slow or might get left behind. As well as encouraging an active lifestyle, this is also an opportunity to meet and chat to new people and make friends. Each walk will finish with the very important social coffee or tea somewhere in town. All walks are free, you just pay for your own refreshments at the end, and no special equipment is required, just a pair of comfortable shoes.



The walks will start next month (w/c 16th October) and will take place every week, routes are currently being drawn up and will be available once an exact date is confirmed soon. The plan is that a series of weekly walks of different lengths will be introduced over the coming months so watch this space! Please note, only guide dogs will be allowed.

For anyone who would like to be part of the first new walking group please get in touch and we'll add you to the list (01584 817250).

For those who would like to get involved as a volunteer walk leader or backmarker contact Nicola Read, Volunteer Coordinator on 01584 817250.

Men's Shed

Ludlow Men's Shed had a stall at the Brimfield Vintage Show on Sunday 3rd September and one of our delighted visitors was Reverend Denise Hargreaves - Ludlow's new Methodist Minister who has only been in post for two days. Denise has two lathes and certainly knew her DIY - Shed Co-ordinator David was well impressed! Denise looks forward to visiting the Shed in the near future as part of her visit to the **HANDS TOGETHER LUDLOW** premises.



The Men's Shed are beginning to create unique items which will be for sale at the Winter Festival and in 2024. Once the Shed has assessed each prototype they will be inviting other members to get involved in learning how to make them and, at the same time, raise precious funds for the Shed. How about these pencil holders - what a fantabulous idea!

Summer Sandwich Club round up

What a lovely end to the Summer Holidays! At **HANDS TOGETHER LUDLOW**, we've been giving out free packed lunches at our Summer Sandwich Club. For the final 3 weeks of the school summer break, families with children eligible for Free School Meals, have been able to pop in each weekday and collect a lunch for their child.



With the support of volunteer cake makers, local producers, and supermarkets we've given out almost 150 lunches made from donations of bread, cheese, eggs and fruit. It's also been a great way to introduce new people to the Community Fridge and Social Space at the **HANDS TOGETHER LUDLOW** Hub.



Thank you to Bread 2 Bake, Sainsburys, Mid Counties Co-op, Lizzie's Layers and Planton Farm for their support. We are wishing everyone starting back at school this week good luck for the start of the new school year!

Safe Space

We are pleased to announce that the **HANDS TOGETHER LUDLOW** Hub is now a registered Safe Place with Safe Places Shropshire. We join other businesses and locations in Ludlow, to provide support to anyone who needs somewhere to go to talk to someone about any issues they are currently facing.

Safe Places can be identified by the image to the side being visible in a window or entrance of a building. You can search for any Safe Place building in and around your location by clicking [here](#).



Ludlow residents invited to help keep Ludlow a healthy and happy place to live

We at **HANDS TOGETHER LUDLOW** work hard to help the people of the town. To do this effectively, it's important we understand what people struggle with and what the gaps in help or opportunities are, but that isn't always an easy thing to find out.

This survey will help us identify needs in Ludlow and then develop projects and activity accordingly.

Please take a moment to complete the survey and encourage/help others to do as well. If you want help to do it, come and see us and we will get you online or give you a paper copy. Shropshire Council want to understand your thoughts about the health and wellbeing of you and your community.



If you live in Ludlow, they would like to hear your views on health, wellbeing and community so that they can plan and commission the best possible services for your needs. This survey should take no longer than 20 minutes to complete and can be accessed by scanning the QR code seen above or by following this link: <https://forms.office.com/e/y3zX5cLDHi>

Walking Tennis, a new way to keep active!

A new walking tennis course ran by 'We do Tennis' has just started at Ludlow Tennis Club. The sessions run on Tuesdays from the 29th August – 19th September (£3.00 an hour's session) and are ideal for anyone who is looking to build their confidence, returning from an injury, or would just like more time getting to the ball. There's no running or jumping involved so can be played at any pace and is a great place to socialise and meet new people, as well as improving general health and wellbeing. Booking is required and can be done by clicking [here](#).



Menai Foam and Board



A huge thank you to Menai Foam and Board Ltd who, on a weekly basis, will have our cardboard and use their baler which the board gets sent back to the mill to be recycled, when baled.

This may seem like a minor thing for other organisations, but for us, this is a huge help!

Read Easy, a free one-to-one service

There are many people in Shropshire who, for one reason or another, missed the opportunity to learn the critical skill of reading when they were children. Not being able to read has a huge impact on people's lives - can you imagine a life where you couldn't read this email, or understand bus timetables, or follow a simple recipe, for example.

Read Easy Shropshire Hills, a local volunteer group, which provides free, confidential, one-to-one coaching to adults who struggle with reading have helped people learn to read and transform their lives. They have recently helped Anthony, who found learning to read difficult when he was young with

moving from school to school. When he met his wife later in his life, he relied completely on her as she took care of everything for him. When his wife died suddenly, Anthony lost his life partner and the one person who could deal with everything which had to be read. He opened up to friend who encouraged him to get in touch with Read Easy Shropshire Hills and he began to learn to read with Marianne his coach. Anthony, now in his 60s, says his confidence has grown so much since he started learning with Read Easy. He is getting his life and his bills under control, now reads a newspaper and books and does things he would never have even considered doing in the past.



Learning to read as an adult is life changing. If you would like to find out more about their free, confidential, one-to-one coaching service, or you know someone who would like to learn to read, contact Christine Aplin on 07707 762653 or email her at shcoordinator2@readeasy.org.uk. For volunteering enquiries email Ros Payne at shrecruiter@readeasy.org.uk

Staff and volunteer training

Over the past month, staff and volunteers at **HANDS TOGETHER LUDLOW** have undergone Induction Training and Treasurer training.

Upcoming events

Ludlow Men's Shed: Monday to Friday from 10.00am to 3.00pm at 15 Lower Galdeford, providing companionship and woodwork, metalwork, model-making and other projects for men.

Community Lunch: Every Tuesday from 12.30pm to 1.45pm. £3.50 for a two course meal. Please encourage people who would benefit to book their place in advance through the helpline.

Afternoon Tea: Every Wednesday from 2.00pm to 3.15pm to help and encourage socially isolated people to regain independence.

Social Space: Every weekday 10am to 12:30, informal social drop in for refreshments and chat.

Good Grief Café: Normally the first Wednesday of each month from 3.30pm to 4:45pm at Bill's Kitchen (next to the Assembly Rooms), offering mutual support for those who are mourning the loss of a loved one.

Good Start Together Toddler Group: Every Thursday from 9.30am to 11.30am at the Methodist Church. **Participation by referral only.**

For more details of any of these events please call the **Community Helpline: 01584 817250**.

HANDS TOGETHER LUDLOW is grateful for funding and support provided by the community and many other organisations, such as Hall Garth Trust and Burford Trust.



HANDS TOGETHER LUDLOW

connecting our community

Hands Together Ludlow

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